******Physical Activity Inventory Worksheet**

The members of your **School Wellness Council** are asked to complete this worksheet to help learn how to incorporate 60 minutes of

daily moderate-vigorous physical activity during the school day to help improve their health and academic success of its students.

**Active transportation**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Inventory question** | **What exists at our school?** | **Who are the key leaders needed to support, implement or improve the idea?** | **What materials or resources are needed to support, implement or improve the idea?** | **Cost** |
| Are students encouraged to walk or bike to school?  Yes No N/A |  |  |  |  |
| Are there established Safe Routes to School?  Yes No N/A |  |  |  |  |
| Are students and families provided with bike and pedestrian awareness education?  YesNo N/A |  |  |  |  |
| Are there additional traffic patrols in school zones?  Yes NoN/A |  |  |  |  |
| Other |  |  |  |  |

**Zero hour supervised activity**

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| --- | --- | --- | --- | --- |
| **Inventory question** | **What exists** | **Who are the key leaders needed to support, implement or improve the idea?** | **What materials or resources are needed to support, implement or improve the idea?** | **Cost** |
| Are zero hour supervised activities provided at your school?  Yes No N/A |  |  |  |  |
| Do the before school programs dedicated at least 20% of their time to physical activity?  Yes No N/A |  |  |  |  |
| Does your before school program staff participate in annual professional development, including physical activity, as an element of their program?  Yes No  N/A |  |  |  |  |
| Does the school utilize community resources to provide physical activity opportunities before school?  Yes No  N/A |  |  |  |  |
| Other |  |  |  |  |

**In-classroom instruction**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Inventory question** | **What exists** | **Who are the key leaders needed to support, implement or improve the idea?** | **What materials or resources are needed to support, implement or improve the idea?** | **Cost** |
| Are students engaged in physical activity through brief classroom breaks every 50 minutes?  Yes No  N/A |  |  |  |  |
| Does your school utilize any physical activity resources to incorporate physical activity directly into academic sessions?  Yes No  N/A |  |  |  |  |
| Does your staff participate in annual professional development, which includes physical activity as part of classroom instruction time?  Yes No  N/A |  |  |  |  |
| Other |  |  |  |  |
| Other |  |  |  |  |

**Active recess**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Inventory question** | **What exists** | **Who are the key leaders needed to support, implement or improve the idea?** | **What materials or resources are needed to support, implement or improve the idea?** | **Cost** |
| At the elementary school level, does you’re your school offer at least 20 minutes of recess daily?  Yes No  N/A |  |  |  |  |
| At the elementary level, do classes participate in recess before lunch?  Yes No  N/A |  |  |  |  |
| Does your school have playground staff trained in physical activity games/rules/safety?  Yes No  N/A |  |  |  |  |
| Does your school utilize any physical activity resources to incorporate physical activity directly into recess?  Yes No  N/A |  |  |  |  |
| Other |  |  |  |  |

**Access to physical activity during the school day**

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| --- | --- | --- | --- | --- |
| **Inventory question** | **What exists** | **Who are the key leaders needed to support, implement or improve the idea?** | **What materials or resources are needed to support, implement or improve the idea?** | **Cost** |
| Does your school require all students to participate in physical education for 60 minutes a week?  Yes No  N/A |  |  |  |  |
| Does your school provide physical education classes early in the day or before difficult classes?  Yes No  N/A |  |  |  |  |
| Are students engaged in moderate to vigorous physical activity at least 50% of physical education class time?  Yes No  N/A |  |  |  |  |
| In middle and high school, is there time allowed in the day for every student to have time for physical activity?  Yes No  N/A |  |  |  |  |
| Other |  |  |  |  |

**After school physical activity**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Inventory question** | **What exists** | **Who are the key leaders needed to support, implement or improve the idea?** | **What materials or resources are needed to support, implement or improve the idea?** | **Cost** |
| In middle and high school, does your school offer a range of competitive physical activity opportunities for all grades?  Yes No  N/A |  |  |  |  |
| Do the non-physical activity after-school programs dedicate at least 20% of their time to physical activity?  Yes No  N/A |  |  |  |  |
| In middle and high school, does your school offer a range of non-competitive physical activity opportunities in fun, recreational and lifelong learning opportunities for all grades?  Yes No  N/A |  |  |  |  |
| Does your after-school program staff participate in annual professional development, including physical activity as an element of their program?  Yes No  N/A |  |  |  |  |
| Other |  |  |  |  |